



SUMMER SUN SAFETY

RISK FACTORS

Anyone can get skin cancer, but certain factors can increase their risk:

- A lighter natural skin color.
- Skin that burns/freckles/reddens easily.
- Blue or green eyes.
- Blond or red hair.
- Certain types & a large number of moles.
- A family history of skin cancer.
- Older age.

PROTECTION

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow.

SUNSCREEN

Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. A higher SPF indicates more protection.

Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours & after swimming, sweating, or toweling off.



BEAT THE HEAT

W/FITNESS CENTER DISCOUNTS

It's summertime in Texas, so you might be thinking about taking your workouts indoors.

Don't forget that COSAWell negotiates discounts for COSA employees at a variety of local fitness centers including big box facilities like Gold's Gym, YMCA & Planet Fitness, as well as boutique and group fitness studios like Camp Gladiator, Orangetheory, Bella Women's Fitness and yoga and Crossfit studios.

Check out the full and every-growing list of gyms at sanantonio.gov/wellness.

WELLNESS WORKSHOP

HEALTHY HABIT DEVELOPMENT

presented by Epic Endurance

Habits, we all use them. Some habits are beneficial and get us the results we want, others keep us stuck in the same place.

In this webinar we will discuss how habits work, the habit loop and how to make small changes to our habits that move us towards the results we want or the goals we want to achieve. We will also have an interactive discussion about what habits we can put in place to achieve a healthier lifestyle - run a 5k or half marathon, working out regularly and healthy eating.

LIVE WEBINAR
WEDNESDAY, JULY 14
1-2 PM



HEALTHY RECIPE

RED, WHITE & BLUEBERRY TREAT

This one is a favorite dessert replacement for COSAWell Program Manager, David Whitt. It allows you to enjoy a high protein, low carb & calorie sweet treat perfect for those warm summer nights.

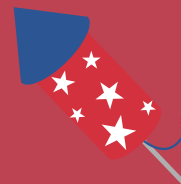
Ingredients

- 1 serving of plain greek yogurt (170g)
- 1 packet of Stevia (1g)
- 1/2 serving of cut strawberries
- 1/2 serving of blueberries

Instructions

Mix packet of Stevia into greek yogurt. Then cut strawberries to preferred size and add to yogurt along with blueberries. Stir and then freeze mix for 30-60 minutes or until desired consistency.

CELEBRATE THE 4TH BUT BE SURE TO DO IT SAFELY



Fireworks are synonymous with the 4th of July. Yet, they can also cause serious burns and eye injuries. Here's how you can help prevent injuries or even death.

- Don't allow children to play w/fireworks
- Never try to re-light or pick up fireworks
- Never point or throw fireworks at others
- Keep a bucket of water or hose nearby
- Light fireworks one at a time
- Never shoot fireworks from metal or glass